



CITY OF HARRISONBURG
**PARKS
 & REC**

Winter/ Spring 2025

50 & Wiser Programs

Our 50 and Wiser program provides recreation and social opportunities for those age 50 and beyond!

Our Winter/ Spring Opportunities

50 & Wiser Fitness

Our 50 & Wiser program offers a diverse selection of low to high impact fitness classes including Cardio & Strength, Gentle Stretch, Pilates and Yoga!

50 & Wiser Adventure

Join us on one of our outdoor adventures! Hike to High Knob Fire Tower or paddle at Lake Shenandoah. These outdoor adventures are specifically for those 50 and older.

50 & Wiser Social & Enrichment

Our 50 & Wiser program offers a diverse selection of social and enrichment program opportunities including, Monday Matinee, Book Club, Lunch Bunch, Craft and Chat, Crochet, and Bowling. Check out what is taking place this Winter/ Spring!



50 & Wiser Registration & Information:

For more detailed information about our 50 & Wiser programs, please contact Lynn Hoy at 540-432-7799 or email Lynn.Hoy@harrisonburgva.gov.

City Resident Registration November 25 | Non Resident Registration December 9

GENTLE/ BEGINNER FITNESS

Moving & Grooving PLUS! Instructor: Cory Jeffries

In these high-energy sessions, we focus on dynamic movements, muscle building, and cardiovascular conditioning to keep you active and fit. Wear comfy workout attire and sneakers. You can enhance your experience with adjustable ankle weights (up to 5lbs), exercise bands, and dumbbells.

Location: Lucy F. Simms Center Auditorium

City Res \$10 | Non Res \$20 | Ages 50+

#140514A2 | Tu, Th | Mar 4 - Apr 10 | 9:00am - 9:50am

#140514A3 | Tu, Th | Apr 22 - May 29 | 9:00am - 9:50am

#140514A4 | Tu, Th | Mar 4 - Apr 10 | 10:00am - 11:30am

#140514A5 | Tu, Th | Apr 22 - May 29 | 10:00am - 11:30am

Gentle Stretch

Instructor: Cheryl Foster

Gentle Stretch Class sets the tone for your day's body activity. Each stretch class is designed to boost your well-being and joint mobility as you move your body with low-impact stretches. If you ever feel a bit stiff as you start your daily routine, this class may be just what you need to help prepare you for the day ahead with gentle stretches. At the end of class, weather and schedule permitting, we will walk in the park for about ½ hour.

Location: Community Activity Center Fitness Studio

City Res \$36 | Non Res \$40 | Ages 50+

#140505A1 | M, W | Jan 6 - Feb 12 | 9:00am - 9:30am

#140505A2 | M, W | Mar 3 - Apr 9 | 9:00am - 9:30am

#140505A3 | M, W | Apr 21 - May 28 | 9:00am - 9:30am

**Tai Chi for Arthritis and Fall Prevention**

Slow, controlled movements build muscle strength, improve balance, gently free up stiff joints, and relieve stress. All movements are done in an upright standing position, or may be done seated by those unable to stand. The physical exertion level of Tai Chi for Arthritis and Fall Prevention is similar to that of walking.

To register call VPAS at 540-615-5341 or visit

<https://www.vpas.info/health-and-fitness>

Location: Prince Rotary Senior Center

Free | Ages 60+

F | Feb 7 - May 23 | 9:00am - 9:45am

INTERMEDIATE/ ADVANCED FITNESS

Yogalates

Instructor: Dana Neff

Yogalates is a fusion of Yoga and Pilates. Essentially, it is a movement system that stretches & strengthens all of the major muscles while also calming the mind. Attention is paid to building strength and endurance. As in Pilates, resistance bands can be used.

Location: Price Rotary Senior Center

City Res \$32 | Non Res \$35 | Ages 50+

#140513A1 | W | Jan 8 - Feb 12 | 10:00am - 11:00am

#140513A2 | Th | Jan 9 - Feb 13 | 1:00pm - 2:00pm

#140513A3 | W | Mar 5 - Apr 9 | 10:00am - 11:00am

#140513A4 | Th | Mar 6 - Apr 10 | 1:00pm - 2:00pm

#140513A5 | W | Apr 23 - May 28 | 10:00am - 11:00am

#140513A6 | Th | Apr 24 - May 29 | 1:00pm - 2:00pm

50 & Wiser Yoga

Instructor: Robin Atwood

Join us in learning foundational yoga poses and sequences that are welcoming to all ability levels in the 50 and Wiser community. Please bring your own yoga mat and yoga blocks to class.

Location: Price Rotary Senior Center

City Res \$40 | Non Res \$50 | Ages 50+

#140525A1 | Tu | Jan 7 - Feb 11 | 3:00pm - 4:00pm

#140525A2 | Tu | Mar 4 - Apr 8 | 3:00pm - 4:00pm

#140525A3 | Tu | Apr 22 - May 27 | 3:00pm - 4:00pm

Cardio and Strength

Instructor: Cory Jeffries

Stretch, strengthen, and get fit! This class works the heart, muscles, and more. Variety and fun guaranteed. Intermediate/Advanced fitness levels. Please bring your own exercise or yoga mat to class.

Location: Community Activities Center Fitness Studio

City Res \$36 | Non Res \$43 | Ages 50+

#140500A2 | Tu, Th | Mar 4 - Apr 10 | 4:30pm - 5:15pm

#140500A3 | Tu, Th | Apr 22 - May 29 | 4:30pm - 5:15pm

#140500A4 | Tu, Th | Mar 4 - Apr 10 | 5:30pm - 6:15pm

#140500A5 | Tu, Th | Apr 22 - May 29 | 5:30pm - 6:15pm

Zumba Gold

Instructor: Melissa Shank

Focusing on cardio and muscular conditioning as well as balance and flexibility, Zumba Gold customizes the original moves of Zumba to a lower intensity. Come ready to sweat and leave feeling empowered and energized for your day!

Location: Lucy F. Simms Center Auditorium

City Res \$30 | Non Res \$35 | Ages 40+

#140502A1 | Tu, Th | Jan 14 - Mar 6 | 4:15pm - 5:15pm

#140502A2 | Tu, Th | Mar 18 - May 8 | 4:15pm - 5:15pm

OUTDOOR ADVENTURE

NEW!

The events below are paced and scaled to be age-appropriate. They do not require super-athletic ability, but participants should be reasonably active, without significant movement limitations (low fitness, mobility or musculo-skeletal restrictions). We will enjoy being together in the outdoors, and we will not be comparing ourselves to twenty-somethings!

Benefits to jumping aboard:

- spending time in our gorgeous and local outdoors
- being with others who like movement and fun
- adding to your learning about outdoor safety and activity skills;
- possibly some new clothing! Participate in 3 or more of these Senior Adventures during 2025 (more activities will be offered in the summer and fall) and receive the WILD GUYde Adventures 2025 OLD MOUNTAIN GOAT* t-shirt, along with all the rights, privileges, and adulation pertaining thereto!

(*Gets Out And Tries Stuff!)

High Knob Fire Tower Hike

An afternoon hike to a summit and restored stone fire tower in the George Washington National Forest, along with some learning about basic outdoor safety. A personal suggested clothing list, Medical Form/Participant Agreement, and driving directions to the activity meetup will be supplied by WILD GUYde Adventures.

Location: High Knob Fire Tower

City Res \$30 | Non Res \$35 | Ages 50+

#131308A1 | Tu | Mar 4 | 1:00pm - 5:00pm

Paddling at Lake Shenandoah

Come for an afternoon session to learn basic paddle-strokes, partnering, and boat-handling skills (canoe and kayak) on flatwater, and enjoy some peaceful paddling in this beautiful setting. Come early and enjoy your bag lunch on the lake-bank. All technical gear and instruction is provided. A personal suggested clothing list, Medical Form/Participant Agreement, and driving directions to the activity meetup will be supplied by WILD GUYde Adventures.

Location: Lake Shenandoah

City Res \$47 | Non Res \$53 | Ages 50+

#131302A1 | W | May 14 | 1:00pm - 4:00pm

ARTS & CRAFTS

Craft and Chat

Social group for people age 50+ who like to knit, crochet, or craft. Bring whatever you are working on and come socialize with other peers. We also work on items to donate to local organizations. Drop in and join the group!

Location: Price Rotary Senior Center

Free | Ages 50+

Tu, Th | Ongoing | 9:00am - 11:00am

ENRICHMENT

VPAS Cafes

Twice a month we will be getting together to learn new things, meet new people, and enjoy a meal. This is a partnership between Parks and Recreation and VPAS. To register call VPAS at 540-615-5341. For more information check vpas.info/vpas-cafes.

Due to Monday holidays, in the months of January and February- ONLY- VPAS Café and Aging with Confidence will meet on the 2nd and 4th Mondays: Jan 13 & 27 and Feb 10 & 24.

Location: Price Rotary Senior Center

Free (Registration Required) | Ages 60+

First and Third Monday of Month (except Jan & Feb) 10am - 12pm



Aging with Confidence

The 3rd Monday, VPAS will lead educational programs for a wide range of topics. This is a partnership between Parks and Recreation and VPAS. To register call 540-615-5341 or visit <https://www.vpas.info/health-and-fitness> and select the program you are interested.

Location: Price Rotary Senior Center

Free (Registration Required) | Ages 60+

Third Monday of Month 2pm - 3pm



AARP Smart Driver

AARP Instructor: Kati Mole

Participants will learn defensive driving techniques, new traffic laws, and rules of the road to safely adjust driving to compensate for age-related changes. Persons who complete the course will be issued a certificate of completion to be provided to your insurance company for a discount. Please feel free to bring a brown bag lunch to class. All course materials are provided to participants and no tests are involved. Enroll by March 5.

Fee: \$20 (AARP members) \$25.00 (non members) Money paid to instructor day of class.

Ages 55+

Location: Community Activities Center Conference Room

#340555A1 | Th | Mar 12 | 8:30am - 4:00pm

SOCIAL

Book Club

Book club is about the enjoyment of reading, whether you are an occasional or avid reader. Books are chosen by the members of the club. Please join us to laugh, share wisdom, gain insight, and make new friends. Please read the book prior to the first Monday of the month. The book we will be discussing in January is *Ask Not* by Maureen Callahan.

Contact Lynn.Hoy@HarrisonburgVA.gov to register.

Location: Price Rotary Senior Center

Free | Ages 50+

First Monday of Month 3:00pm - 4:30pm

Monday Afternoon Matinee

The 1st Monday of each month we will be showing a movie at the Price Rotary Senior Center! Please contact Lynn.Hoy@HarrisonburgVA.gov for the title each month.

Location: Price Rotary Senior Center

Free | Ages 50+

First Monday of Month | 12:30pm - 2:30pm

Social Club

There are a lot of people ages 50+ looking for something to do in the evenings and on weekends. Let's get together and go on a fun day trip, movies, ball game, dinner, or anything fun to socialize, get out of the house and meet new friends. Please contact Lynn Hoy by emailing Lynn.Hoy@HarrisonburgVA.gov or calling 540-432-7799 to be notified of the upcoming event or fun activity we have planned.

Thursday Afternoon Games

Come to the Senior Center and play Mexican Train Dominoes. We will learn it together, or if you know how to play we can have several tables playing. You could also play other card games if you are interested.

Location: Price Rotary Senior Center

Free | Ages 50+

Th | 2:15pm - 4:00pm

Thursday Afternoon Bowling

Enjoy bowling in a relaxed atmosphere. Experienced or inexperienced bowlers are welcome. Bowl for 16 weeks. Fee includes 3 games, rental shoes, and rental ball. New season starts January 3 but we are always needing substitutions for teams each week - so just come and check us out.

Location: Valley Lanes

City Res/Non Res \$12 | Ages 50+

Th | 12:30pm - 3:00pm

SOCIAL

Breakfast Club

Come start the day with friends, old and new. We will meet at different breakfast spots once a month at 9am. Please contact Lynn.Hoy@harrisonburgva.gov if you are planning on attending by the Friday before. Everyone orders off the menu.

Ages 50+

Jan 8 - The Galley - 240 S. Main St. Harrisonburg

Feb 5 - Little Grill - 621 N. Main St, Harrisonburg

Mar 5 - Sugar & Bean Cafe - 318 N. Main St, Bridgewater

Apr 2 - Gardenside Diner - 302 N. Second St. Bridgewater

May 7 - Magpie Diner - 85 W. Gay St, Harrisonburg

Lunch Bunch

Looking for a good excuse to get out of the house? Looking for a place to meet friends, old and new? The Lunch Bunch meets on selected Thursdays at different area restaurants. Check your calendar and join us! **Please register the Friday before so reservations can be made.** All lunches are 11:15am - 1pm. Order off of the menu. Contact Lynn.Hoy@HarrisonburgVA.gov to register.

Ages 50+

Jan 23 - Vietopia - 1015 Port Republic Rd. Harrisonburg

Feb 20 - Mashita - 105 N. Liberty St. Harrisonburg

Mar 20 - O'Neill's Grill - 221 University Blvd. Harrisonburg

Apr 17 - Taste of Thai - 917 S. High St. Harrisonburg

May 22 - Los Marquez Mexican Restaurant - 1751 VA Ave Unit A Hburg